



Region of Waterloo  
PUBLIC HEALTH

# Registered Dietitians in Waterloo Region

WHERE TO GET RELIABLE NUTRITION INFORMATION AND SERVICE

## What is a Registered Dietitian?

Registered Dietitians are licensed through the College of Dietitians of Ontario. At a minimum they have completed four years of university education and a one year internship in nutrition and dietetics, or a master's degree in nutrition. Registered dietitians provide reliable and up to date nutrition information.

## Professional organizations

Dietitians of Canada is the nation-wide voice of dietitians that provides trusted, evidence-based information on food and nutrition for Canadians. Dietitians of Canada offers a "find a dietitian" resource on their website [www.dietitians.ca](http://www.dietitians.ca)

The College of Dietitians of Ontario exists to regulate and support the profession of dietetics in Ontario and to provide high quality dietetic services to the public. To verify an individual's current registration status with the College of Dietitians of Ontario, phone: 1-800-668-4990 or visit the "find a dietitian" resource on the college website. For general information visit the college website at [www.cdo.on.ca](http://www.cdo.on.ca)

## Finding a Registered Dietitian in Waterloo Region

### EatRight Ontario

EatRight Ontario is a free service that allows you to ask nutrition questions and receive feedback by phone or email from a Registered Dietitian. Nutrition tools and links offer many additional resources to support you in developing healthy eating habits for you and your family.

Call EatRight Ontario 1-877-510-5102 or visit [www.eatrightontario.ca](http://www.eatrightontario.ca)

### Registered Dietitian services covered by OHIP

For Registered Dietitian services available to the public through OHIP, consult the Directory of Nutrition Services for Waterloo Region on our Public Health website [www.regionofwaterloo.ca/nutrition](http://www.regionofwaterloo.ca/nutrition)

### Services of Registered Dietitians in Private Practice

Registered Dietitians working in Private Practice offer a wide range of services to individuals, groups, workplaces, media, food industry and long term care facilities. Fees for these services vary among individual dietitian's programs. Please see the next page for a listing of these services.



## Nutrition websites

[www.regionofwaterloo.ca/nutrition](http://www.regionofwaterloo.ca/nutrition)  
[www.dietitians.ca](http://www.dietitians.ca)  
[www.eatrightontario.ca](http://www.eatrightontario.ca)

[www.healthyeatingisinstore.ca](http://www.healthyeatingisinstore.ca)  
[www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)  
[www.cdo.on.ca](http://www.cdo.on.ca)

# Registered Dietitians in Private Practice in Waterloo Region

	<b>Marg Alfieri RD</b> Body Balance 519 503 2508 malferi@rogers.com	<b>Stephany Allcock RD</b> Langs Farm Village Association Cambridge Phone: 519 653 1470 ext 293 stephanya@langs.org www.langs.org	<b>Kathleen Butler RD</b> 519 883 7171 kathybutler@sympatico.ca	<b>Stephanie Clairmont MHSc, RD</b> Whole Food Therapy 519 574 4517 Stephanie@wholefoodtherapy.ca www.wholefoodtherapy.ca	<b>Jane Dummer RD</b> Jane Dummer Consulting Phone: Work 519 896 4755 Cell (optional) 519 716 4755 info@janedummer.com www.janedummer.com Twitter @janedummer LinkenIn Jane Dummer RD	<b>Eileen Freeman RD</b> 519 638 2567 thefreemans2@yahoo.com
<b>Expertise</b>	General health/wellness		✓	✓	✓	✓
	Healthy weights/weight management		✓		✓	
	Medical nutrition counselling	✓	✓	✓	✓	
	Pre/post natal nutrition	✓				
	Child/adolescent nutrition	✓		✓	✓	
	Seniors nutrition			✓		✓
	Eating disorders/body image	✓				
	Sports nutrition					
	Vegetarian nutrition	✓		✓	✓	
	Food safety					✓
	Food security					
	Certified diabetes education					
	Food industry – research, product development, health & wellness platforms					✓
	<b>Services</b>	Individual counselling	✓	✓	✓	✓
Group counselling/programs		✓	✓		✓	
Presentations/workshops		✓	✓		✓	
Home visits					✓	
Professional writing (media or technical)						
Nutrient analysis						
Menu/recipe development					✓	✓
Supermarket tours		✓			✓	✓
Cooking classes/food demonstration		✓			✓	✓
Corporate wellness programs		✓			✓	
Research		✓				✓
Teaching: Long Term Care regulation, Best practice in Quality Care, Best Practice in Dysphagia, Diabetes Best Practice						
Resource development						✓
Public relations/media/communications planning					✓	
Academic Teaching						

# Registered Dietitians in Private Practice in Waterloo Region

	<b>Cara Kasdorf RD</b> Grand River Sports Medicine Centre Kitchener phone: 519-571-7111 Cambridge phone: 519-622-4529 Kitchener fax: 519-571-8145 Cambridge fax: 519-622-3563 kitchener@grsm.ca cambridge@grsm.ca www.grsm.ca	<b>Bev Sikorski RD</b> RDN Consulting Phone 519 588 2127 Fax 519 893 4945 bevsikorski@gmail.com	<b>Access Nutrition Inc.</b> Mary Lou St. Pierre RD, Elizabeth Popham RD, Rebecca Frazer RD, Mary Wright RD Phone: 519 896 3224 Cell: 226 929 8335 Fax: 519 884 2341 aninc@on.aibn.com www.accessnutrition.ca	<b>Pace Physiotherapy Centre Inc., Kitchener</b> Phone: 519 584 2609 Fax: 519 584 1705 info@pacehealth.com www.pacehealth.com	<b>St. Mary's General Hospital, Solutions Weight Management Program, Kitchener</b> Phone: 519 749 6578 ext. 1204 info@smgh.ca www.smgh.ca	
<b>Expertise</b>	General health/wellness	✓	✓	✓	✓	
	Healthy weights/weight management	✓	✓	✓	✓	✓
	Medical nutrition counselling	✓	✓	✓	✓	
	Pre/post natal nutrition	✓	✓	✓	✓	
	Child/adolescent nutrition	✓	✓	✓	✓	
	Seniors nutrition	✓	✓	✓	✓	
	Eating disorders/body image	✓	✓	✓	✓	
	Sports nutrition	✓	✓	✓	✓	
	Vegetarian nutrition	✓	✓	✓	✓	
	Food safety	✓	✓	✓	✓	
	Food security	✓	✓	✓	✓	
	Certified diabetes education	✓			✓	
	Food industry – research, product development, health & wellness platforms					
<b>Services</b>	Individual counselling	✓	✓	✓	✓	✓
	Group counselling/programs	✓	✓	✓	✓	✓
	Presentations/workshops	✓	✓	✓	✓	✓
	Home visits		✓	✓		
	Professional writing (media or technical)	✓	✓		✓	
	Nutrient analysis	✓	✓	✓	✓	
	Menu/recipe development	✓	✓		✓	
	Supermarket tours	✓			✓	
	Cooking classes/food demonstration		✓		✓	
	Corporate wellness programs	✓	✓	✓	✓	
	Research	✓	✓		✓	
	Teaching: Long Term Care regulation, Best practice in Quality Care, Best Practice in Dysphagia, Diabetes Best Practice		✓			
	Resource development	✓	✓			
	Public relations/media/communications planning	✓	✓			
Academic Teaching				✓		



**Region of Waterloo**  
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Distributed by Region of Waterloo Public Health  
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User feedback:  
Please provide your comments by email to [phrc@regionofwaterloo.ca](mailto:phrc@regionofwaterloo.ca)